

SFE Employee Newsletter

October 2016



Monthly Promotions



Try-it-Tuesday

Each month we menu a new entrée for the students at all grade levels to try. The new item gives the students something to look forward to each month all the while experimenting with new food items. This month the Try-it-Tuesday is a Apple Cheddar Dog! The students can enjoy spiced apples with cheddar cheese on a classic hot dog! The health and Nutrition team (H & N team) got to taste test this menu item over the summer.....and let me tell you it was DELICIOUS! We this it will be a hit in the schools! Look for this item in your schools on October 11th!



Breakfast for Lunch

The students loved our Breakfast for Lunch concept so much last year that we are brining it back! Who does not like to have breakfast for lunch? On **October 26th** the students will get to enjoy a turkey ham breakfast sandwich or pancakes and sausage. The students also have the option of having hash browns with their meal as well!



Connecting Cafeteria to Classroom-Fruit of the Month

This month the Fruit of the Month is **Apples** and what perfect time taste these delicious fruits! **Apples** are delicious, full of fiber, and over 7,000 different varieties are grown throughout the world.



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Roving Chef Program

Our Roving Chef Program is coming back in October and will be offered to students the entire school year. The Roving Chef Program allows for students to participate in a hands on cooking class while learning about the nutrition facts of the foods that they are cooking with. The program also allows our students to gain exposure to new foods. Our first Roving Chef will be at Roosevelt High School on October 12th and the students will be making crepes! Look for the Roving Chef at your school this year.



Nutrition Education Program

The Health and Nutrition Team (H & N) has true passion around the Nutrition Education Program that is offered to students. The H & N team believes that teaching school-aged children how to eat healthy and live a healthy lifestyle overall can have a huge impact on a persons health status long-term and sets the stage for students to choose a healthy lifestyle. The Nutrition Education program covers topics such as MyPlate, Whole-Grain, Consuming Fruits and Vegetables on a Regular Basis, How to Read a Nutrition Facts Panel, and Portion Control. Our first education of the year was on September 12th at Walbridge Elementary! The students learns about MyPlate basics and got to sample whole-grain pretzels!

